

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property Organization
International Bureau



(43) International Publication Date
4 August 2005 (04.08.2005)

PCT

(10) International Publication Number
WO 2005/070503 A1

(51) International Patent Classification⁷: **A63B 21/078**,
G09F 23/00

(21) International Application Number:
PCT/IT2005/000038

(22) International Filing Date: 26 January 2005 (26.01.2005)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
CZ2004A000001 26 January 2004 (26.01.2004) IT

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(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,

AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN,
CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI,
GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE,
KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD,
MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG,
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TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM,
ZW.

(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, GH,
GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM,
ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM),
European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI,
FR, GB, GR, HU, IE, IS, IT, LT, LU, MC, NL, PL, PT, RO,
SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN,
GQ, GW, ML, MR, NE, SN, TD, TG).

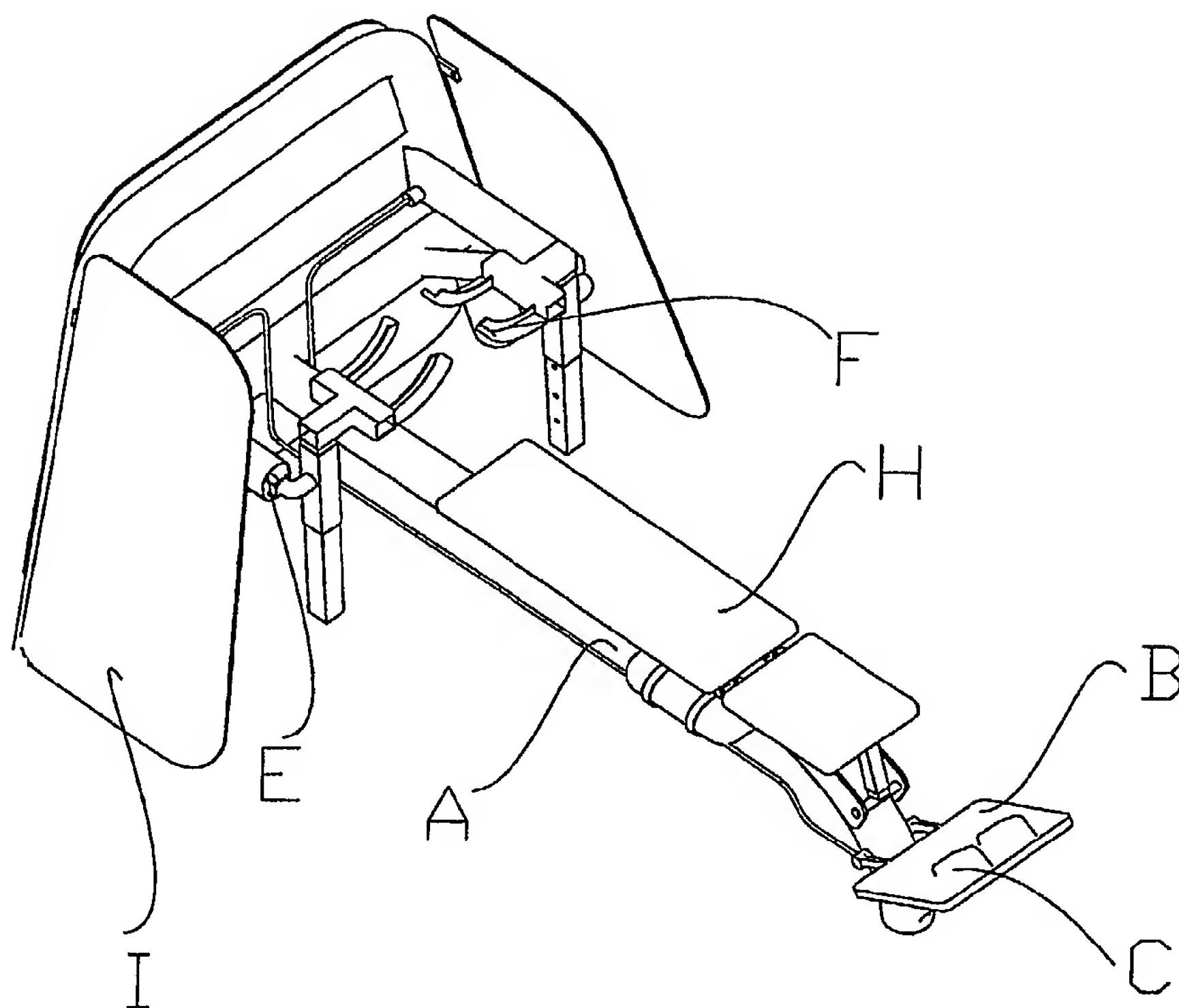
Published:

- with international search report
- with amended claims

Date of publication of the amended claims: 1 September 2005

[Continued on next page]

(54) Title: GYM WORK-OUT EQUIPMENT FOR THE TRAINING OF THE CHEST, DELTOIDS, TRAPEZIUMS AND TRI-CEPS MUSCLES



(57) Abstract: The invention consists in gym work-out equipment for chest, deltoids, trapeziums and triceps muscles designed to be used both in specific areas such as gyms etc and in private areas. The equipment consists in an adaptable bench(H)-e quipped with an assist mobile system of arms (servomechanisms) (E) used to hold the weights (bars and dumb-bells) that with a mechanical, hydraulics, electrics or pneumatics(C) command allows the athlete to arrange the weights on universal supports (F) without changing position of the exercise, a way of limiting efforts which can cause inflammation and personal injury, not to mention psychological stress due to muscle strain. The invention is equipped of side panels for protection to guarantee the safety of passers-by who could unintentionally come into contact with the mechanical parts in movement. This side panels can be used as support for advertising material.

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